

## NUTRITION EDUCATION LESSON PLAN

**Local WIC Provider:**

Lesson Title:	Vegetables and Fruits – Simple Solutions (Loving Your Family Feeding Their Future)	Developed by:	USDA, FNS	Date:	Jan-07
		Reviewed by:	<local agency nutritionist name>	Review Date:	
MOWINS NE topic(s):	Other (document FNEP in general notes) and Fruits and Vegetables		Individual Counseling Session		
Target Population*:	Women and Children	X	Group Session		

**Learning Objective(s):**

Identify ways to get at least 2 vegetables and 2 fruits in a week with focus on at least one vegetable being a dark green or orange vegetable. Identify and commit to at least one way to get children to eat a variety of fruits and vegetables each day.

**Learning Activities:**

Participants discuss how to get the recommended amounts of fruits and vegetables. Recognize what a 1-cup portion of fruits, vegetables looks like.

**Content:**

Recommended amounts of fruits and vegetables. What does a portion of fruits and vegetables look like? Address barriers to getting recommended amounts of fruits and vegetables.

## Methods, Materials, and Equipment

The Healthy Family Guidebook with recipes and menus, handouts: What counts as one cup of fruits? What counts as one cup of vegetables?

	<b>Est. Cost:</b>
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<b>Evaluation Method:</b>
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Participants respond to questions: How often did you eat more than one kind of vegetable each day? How often did you eat more than one kind of fruit each day?

